

SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

JANUARY 18, 2021

Team Record Highlights Aquastar Invite

SPA's Parker Efird set a new team record in the 11-12 50 Back at the Aquastar Invite this weekend, winning the event in 27.51. Parker also won the 100 Free, 200 Back, 50 Free, 100 Back and 100 IM. Other top 10 finishers include:

Maddi Carey – 5th 100 Breast

Laura Daniel – 10th 200 Back

Avery Heller – 5th 50 Fly

Madison Jones – 9th 100 IM, 6th 50 Fly, 6th 100 Free,
7th 100 Breast, 5th 50 Back, 5th 50 Free

Caylee Londono – 7th 50 Back, 8th 50 Fly

Marc Sims – 4th 100 Free, 5th 50 Fly, 5th 200 IM

Whitaker Steward – 3rd 200 Fly, 4th 100 Free, 4th 200 IM,
2nd 200 Free, 6th 100 Fly, 2nd 100 Back

Katie Usagani – 2nd 100 Back, 4th 50 Fly, 9th 100 Free,
2nd 50 Back, 2nd 100 Fly, 4th 50 Free

Congratulations to all SPA swimmers on a great meet!

Weekly Calendar Is Your Guild to Practice

Every week, SPA Coaches post a weekly calendar on the SPA website. The calendar includes the latest updates to the practice and meet schedule, as well as team birth days and any upcoming deadlines. You can access the calendar [here](#). Look for this week's calendar later today!

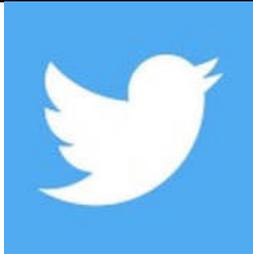
Covid Reminders For Us All

Make sure to wear your mask to and from the pool each day, any time you go out in public. Wash your hands often and wave or fist bump with friends and others. Together we can stay healthy and keep swimming!

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@SPA_SwimTeam



@spaswimteam

Upcoming Events

March 5-7, 2021

SPA Spring Championships
Reg. Deadline: Feb. 21, 2021

March 14, 2021

End of Short Course Season

www.swimspa.org



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News from around Swimming

[National Team Shines in Final Night of TYR Pro Swim Series](#)

[Gold Medalist to Capitol Insurrection: The Tale of Klete Keller](#)

[Olympians React to Klete Keller's Involvement at the Capitol](#)

[Bill Wadley Resigns as Executive Director of ASCA](#)

[Time of Day Strongly Affects Athletic Performance](#)

[The Five Biggest Stories from the 1st TYR Pro Swim Series of 2021](#)

[Mental Training: Six Mental Health Benefits of Swimming](#)

[SwimSwam's Top 10 Tweets: A Big Week for Katie Ladecky's Relatives](#)

[Words and Phrases Lost on a Non-Swimmer](#)

Notes from the Head Coach...

Today we remember the life and work of Dr. Martin Luther King, and on Wednesday, we will begin a new era with the inauguration of our 46th President, Joe Biden.

So much of the last year has been spent with fear and worry about the Covid-19 virus that it is good to spend some time focusing on positives, hope and the future.

When talking with swimmers who tell me they are down, sad or unhappy, I don't try to help them be happy. I try to help them find peace and balance in their life. The goal isn't to be happy all the time, but rather to be at peace wherever you are at physically, mentally and emotionally. To find balance between the ups and downs, positives and negatives of everyday life.

This is not a matter of just accepting whatever happens to us, but really a challenge of knowing that no matter what the circumstances in which we find ourselves, we have the ability to grow, learn and change. We have the ability to find our way up from the lows and disappointments, and the ability to accept the decline from our highs and successes.

Every swimmer has gone to a meet where they had all best times. Most have gone to a meet where they had no best times. Every swimmer has been disappointed in their effort and performance and proud of the same. While we want the highs to last forever, and the lows to end quickly, that is not always what happens, but we always have control over how we react and what we do next.

No matter the success or failure, we always have more to improve and things we can do better. Today is a great day to find our peace and our balance. Tomorrow, we get back to work
Go SPA! Coach Bob



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